

Goin' Up

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Jackie Jacotine (UK)
音樂: Up! - Shania Twain



Start 8 counts in from heavy beat on "It's about as bad as it can be"

½ PIVOT TURN LEFT, RIGHT SHUFFLE FORWARD, ½ PIVOT TURN RIGHT, LEFT SHUFFLE FORWARD

1-2 Step forward on right, pivot ½ left
3&4 Right shuffle forward (right, left, right)
5-6 Step forward on left, pivot ½ right
7&8 Left shuffle forward (left, right, left)

RIGHT ROCKING CHAIR, SIDE, TOUCH, ¼ TURN LEFT, TOUCH

1-4 Rock forward on right, recover on left, rock back on right, recover on left
5-6 Step right foot to right, touch left next to right
7-8 Step left ¼ turn left, touch right next to right

PIVOT ¼ TURNS TWICE, LEFT, FORWARD RIGHT SHUFFLE, PIVOT ¼ TURN RIGHT

1-2 Step forward on right, pivot ¼ turn left
3-4 Step forward on right, pivot ¼ turn left
5&6 Right shuffle forward (right, left, right)
7-8 Step forward on left, pivot ¼ turn right

LEFT CROSS, SIDE TOUCH, RIGHT CROSS, SIDE TOUCH, LEFT JAZZ BOX, TOUCH

1-2 Cross left over right, touch right out to right side
3-4 Cross right over left, touch left out to left side
5-8 Cross left over right, step back right, step left to left, touch right beside left

RIGHT SIDE CHASSE, ROCK, RECOVER, LEFT SIDE CHASSE, ROCK, RECOVER

1&2 Step right to right side, close left beside right, step right to right side
3-4 Rock back on left, recover on right
5&6 Step left to left side, close right beside left, step left to left side
7-8 Rock back on right, recover on left

¾ TURN RIGHT, TRIPLE ½ TURN RIGHT, FORWARD ROCK, RECOVER, COASTER STEP

1-2 Step forward ¼ turn right on right, step back on left ½ turn right
3&4 Triple ½ turn right (right, left, right)
5-6 Rock forward on left, recover on right
7&8 Back left coaster step (back left, together right, forward left)

REPEAT
